

# CAPE BRETON TAI CHI AND QI GONG

COURSES FOR ALL  
AGES & ABILITIES

## TAI CHI @ WORK

## TAI CHI FOR ARTHRITIS

## QI GONG FOR WOMEN'S HEALTH

## TAI CHI 24 FORMS

## FIVE ANIMAL QI GONG

## PLANT-BASED NU- TRITION & COOKING

## ACUPRESSURE FOR COMMON AILMENTS

## TAI CHI @ WORK

Tai Chi is a combination of slow, graceful movements, mental concentration and deep breathing that brings about a unity of mind and body. It is the single most effect stress reduction tool, containing within it stress reduction techniques of the mind, body and breathing.

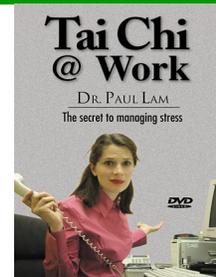
The Tai Chi @ Work program uses techniques from three major Tai Chi styles to create a very-easy-to-learn and flexible routine focused on stress management. Regular practice will increase concentration and productivity and prevent problems of the wrists, arms, neck and shoulders associated with overuse of computers.

### Benefits

Tai Chi is enjoyable and improves many aspects of health. Tai Chi @ Work will:

- Relieve Stress
- Increase Productivity
- Reduce Tension
- Improve Concentration
- Strengthen Immunity
- Improve Posture
- Prevent Repetitive Strain Injury
- Relax the Neck, Shoulders, and Arms
- Deepen Sleep

### DVD Available



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Dr. Milburn has practiced complementary medicine in Cape Breton since returning home to the Island in 2000. He has helped many people using Tai Chi & Qi Gong, Nutrition, Acupuncture, and Herbal Medicine. He specializes in treating a wide range of chronic health problems including chronic pain, headaches, female problems, digestive problems, and complementary cancer therapy.

He has studied with some of the world's most recognized Tai Chi teachers, including Chunna Zhang from the Wu Tang PCA in New York City and Paul Lam, MD from Australia. He has taught Tai Chi and Qi Gong for 20 years and has made it his mission is to bring world class Tai Chi programs and instruction to Cape Breton and Eastern Canada.

"Tai Chi contains within it just about every stress reduction technique involving the mind, body and the breathing," says Milburn, "That's what makes it such a powerful approach for managing workplace stress and increasing productivity. It will help you improve concentration and relax in the midst of even the most demanding day on the job."